

Family Time

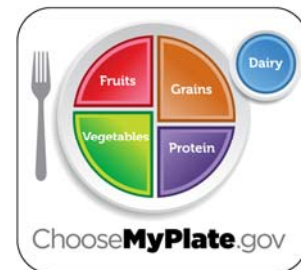
Help Your Children Make Healthy Choices! Your children are establishing eating habits that will last a lifetime and you have the greatest influence on your children's food habits. Choosing foods from all five food groups on MyPlate will help them get all of the nutrients they need every day.



Things You Can Do

- 1 Choose MyPlate.**
It was created to remind consumers what to put on their plate - by selecting foods from the five food groups. An important message of MyPlate is to make half of your plate fruits and vegetables.
- 2 Verbally praise when you see positive behaviors.**
Compliment your children when they try a new food, wash their hands without being told to, or go to bed without a fuss.
- 3 Be a role model.**
Make sure your children see you taking care of yourself. Children learn from what they see others doing.
- 4 Make healthy choices easy.**
Keep play and sports equipment handy. Place healthy food options in view, such as a bowl of fruit on the counter or ready to eat veggies at child's level in the refrigerator.
- 5 Eat family meals together.**
Children will benefit from the conversation, have enhanced vocabulary, eat a wider variety of foods, learn table manners, and feel more secure.

**Creating
Healthy
Habits
Together**



Developed by the University of California Cooperative Extension.